



Saratoga County Office for the Aging

March 2014

The Senior Sentinel

884-4100 885-5381 863-6112 587-8653 654-9003 798-0231

Daylight Savings Begins March 9th Don't Forget to Set Your Clocks Ahead 1 Hour

Are you turning 65, or new to Medicare? Are you caring for someone who is a Medicare beneficiary? Do you have questions about your Medicare coverage? Join us for **Medicare Basics**, an informational workshop on Medicare Parts A,B,C,D and "Filling in the Gaps". A presentation is currently scheduled for the following time:

March 6, 2014 12:30 pm

Moreau Community Center 144 Main Street, So. Glens Falls.

Reservations required call 792-6007.

This program is sponsored by Saratoga County Office for the Aging and is open to all at no charge.

From the Office of New York State Attorney Eric T. Scheiderman

One of the Office of Attorney Generals most important functions is protecting New Yorkers from fraud and abuse. Being a smart consumer requires having the tools to protect yourself from fraud and abuse. The Attorney Generals Office has an informational publication out on being a Smart Senior. You can get that publication by going to **www.ag.ny.gov select resources then publications**. There are many helpful and informative publications to choose from. You may also call the Office for the Aging and we will mail you a copy of Smart Senior. A sample from Smart Senior follows.

Identity Theft: here are some ways to stay safe and protect your identity:

Shred all papers containing personal information before you throw them away.

Safeguard Keep your information protected and private. Have checks direct deposited.

Don't carry your social security card or too many credit cards. Use passwords on your accounts. Don't use public computers like those at café or libraries for financial transactions. At home keep your personal information in a secure place.

Review your bank and credit card statements carefully each month to make sure there are no unauthorized charges or indications of fraudulent use. If you bank online, check your account even more regularly. The sooner you catch the problem the better off you are.

Most important: Don't give out your personal information to someone you don't know!



Happy St. Patrick's Day Happy Spring



From Our Dietitian:

Go Green with Kale

Recognized for its nutrition and flavor, the vegetable that was often only featured as a garnish is now taking center stage on the plate. Kale is a member of the cruciferous family of vegetables along with broccoli, and Brussels sprouts. There are many varieties of kale including plain leaf, curly leaf and Tuscan. These varieties differ in appearance, taste and texture yet each has a very high nutrition profile.

Kale is high in cancer fighting antioxidants and flavonoids including eye-protecting lutein, zeaxanthin and beta-carotene. One cup provides over 200% the Daily Value (DV) for Vitamin A, 134% DV for Vitamin C and six times the DV of Vitamin K. Vitamin K is important for blood clotting, bone health and may play a role in reducing inflammation.

Kale can be purchased both fresh and frozen. Pre-washed, cut and packaged kale is also available making it a convenient vegetable to use. Baby kale greens are the most recent kale addition in the produce department. These baby greens are very tender and are good for salads, sautéing, and for use in soups or stews. Shredded kale can be added to omelets, soups and casseroles. Green smoothies have also become popular with kale adding significant nutrition to these drinks. Although eating both raw and cooked kale is beneficial, consumption of steamed kale over raw has been noted to bind bile acids which can lower blood cholesterol levels.

Because kale is such a rich source of Vitamin K, it can interfere with the blood thinning drug Coumadin as can other leafy green vegetables such as collards and spinach. As it is important to keep a consistent intake of Vitamin K when taking Coumadin, inform your Doctor if you suddenly start eating more kale or other vegetables high in Vitamin K so your dose of this blood thinner can be adjusted if needed.

* **Nutritional Program Weather Closing:** If the home delivered meals are canceled due to the *
* weather, the information will be listed on your local T.V. Stations. It will be listed under *
* **Saratoga County Senior Meals.** *

Saratoga County Public Health and the Office for the Aging Health Screening Schedule for *April 2014.*

Bishop Hubbard	10:00am to 12:00pm	April 2, 2014
Malta Community Center	10:00am to 12:00pm	April 21, 2014
Halfmoon Senior Center	10:00am to 12:00pm	April 23, 2014

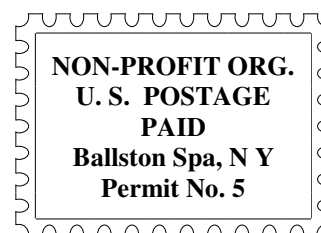
Need Help Paying for Medicare?

Medicare Savings Programs, also known as Medicare Buy-In programs, are programs that help pay your Medicare premiums and sometimes also coinsurance and deductibles.

Representatives from OFA will be available at the Health Screenings listed above to assist you or you may call 884-4100 to see if you qualify.

Saratoga County Office for the Aging
152 West High Street
Ballston Spa, N. Y. 12020

Return Service Requested



*Saratoga County Office for the Aging is funded by Title III of the Older Americans Act,
New York State Office for the Aging, the County of Saratoga and local Municipalities*

AARP Volunteer Tax Preparation

AARP Volunteers will prepare taxes again this year. Trained volunteers will prepare Federal and State personal income taxes for low to moderate income individuals. Electronic filing is available. Tentative locations and days for this service are listed below. Each site will start their first schedule day on or after February 1st. **Please call for an appointment. They are required.**

<u>Location</u>	<u>Day</u>	<u>Phone</u>
Halfmoon Senior Center	Tuesdays & Thursdays	2-1-1
Malta Community Center	Wednesdays & Thursdays	899-4411
Mechanicville Senior Center	Wednesdays	664-7877
Mechanicville Library	Thursdays	664-4646
Moreau Community Center	Tuesdays	792-6007
Office for the Aging	Mondays	884-4100
Saratoga Springs Senior Center	Tuesdays	584-1621
Shenendehowa Adult Community	Tuesdays thru Fridays	383-1343
Southern Saratoga YMCA (Clifton Park)	Tuesdays	2-1-1

Please be sure to bring:
Your Social Security Card
A Photo ID
A Copy of your 2012 Tax Return

Medicare Monthly Tip: Get a Colorectal Cancer Test– Early Detection is the key! Medicare covers colorectal cancer tests. Ask your doctor if a colorectal cancer test kit is right for you. **Visit www.medicare.gov for more information.**

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